A Young Man's Temptations.

THE MISADVENTURES OF JOHN NICHOLSON.

By Robert Louis Stevenson.

how to keep young, and now she looks

not a day over twenty-five. That sounds

like a fib. But you ought to see Aunt "She sleeps in pajamas, to begin with,

and as soon as she is ready to so to bed

and it would do you good to see her mount it and come down again. She

edys it gives her the very best exercise in the world. Running up the ladder is good for her wind and for her heart. She can go up very fast and still keep

Then she says that running up the

ladder makes her graceful. She is com-pelled to keep her balance.

"Aunt Josephine takes wind excreise

She stands erect with both hands out and beats her obest. She comes down the ladder step by step, with both arms

the other. And she stands in front of

the open window and lifts her hands with fists clinched.

"Sometimes she varies the evening

performance and does hip exercise. She stands upright and bends forward.

Sho hends until the tios of her fingers such the floor. This is very good for

the reduction of the abdomen. But she

mover does this more than five times ession, for it is very tiresome metimes injures the les muscles

"After that also does the rotary me

one. To do the rotary motions you

out both hands on your hips, bend

eldeways and rotate. You awing all around in a circle, bending from the

walst entirely. You bend this way and

hat way, always from the waist line

You bend backward and you bend for-

ward, and you bend to easy side, swinging around in a circle. This is the

chardest thing in the world to do, though it is very good for the muscles of the hips and waist line."

The woman of forty-five who would be young and beautiful in looks must enurgles and diet, says the Chicago Inter-Opean. Half a dup of copes and a come of waist, with each must must be

hed. She site on top of the lad-

ber breath.



is very 1830, if you please, and other stunning winter fashions for men as described in a conversation between two New York literary lights and faithfully reported by Miss MARGARET HUBBARD AYER.









Canton Flannels Second L. L. Certainly: Httle Unbleached-heavy quality-excellent for women's and children's wear-regular nine-cept quality....... First L. L. L.-What? Truly \$75? Why, my dear boy, your tailor is a gard Wide White Cambrics genius. Do you mind giving me his Bleached and finished by the Lonsdale address; or am I trespassing? But Cd.—a good stout cambric then you can wear anything. Tou've for infants' wear, children's aprops and underwear—value 2.... 4%



Women's Silk Waists

Men's and Women's-%, % and %

Sterling Silver Bracelets Women's and Children's-also Gold Filled—with and without heart pendants—value 98 cents..... Bables' Extra Fine Outfit

Comprising-3 Day Slipe at .34..... 1 Night Slipe at .17..... Barrows at .37 2 Plain Skirts at .27..... Skirts at .17..... 2 Sacques at .15 prs. Bootees at .09.....

All of extra quality—bought separately would cost about \$12.50 Complete Outfit—special8.69

SECOND—To prevent buying by dealers and to insure widest poo sible distribution, we limit purchasers as to ge Black "Guaranteed" Taffetas

Spiendid, firm quality—full rustle—great silks for wear—"Guarantee" woven in edge—value @ cents... Choice of two sizes— Soft finish—satin gloss—all light and dark shades for day or even-ing—more than ever popular for walsts and costumes—value. S.

Unmatchable Are the Values of

Our Great Fall Sale

CONDITIONS OF SALE-

FIRST-No Mail or Telephone orders filled.

Excellent Pillow Cases

Full Size Comfortables

Emb'd Poplinettes

Heavy Seersuckers

Heavy Outing Flannels

Good heavy muslin that you cannot buy by yard for price of the finished pillow case—Choice of two sizes—

Winter weight-chints top_Turkey Red back-pure white cotton filling— .98 fancy stitched-value \$1.73...........................98 All Wool Fancy Cheviots B-inch-double warp-tan, mede, golden and seal brown, royal navy, garnet, myrtle and blach-Half Dollar Cheviota in demand the year round.......

Gray Moire Percalines Rustle like slik and as fine a lining as can be made— gray only—if you can use that shade—here are Percalines worth Zi cents for...... Single and double stripes—Old Rose and Blue grounds—nothing better for Heuse Dresses, Underskirts, Aprons, Boys' Waists, etc.— Secretelers "never wear out"...... 6% Less then we can buy them for again by the case.

French Net Curtains Lace insertings and five inch ruffic with lace edge—Arabias tint—3 yards long—value \$2.25 and \$2.50.

Stamped Tray Covers Rogers AA Tea Spoons

Housewives should take advantage of this Leather Wrist Bags Walrus Grain-nickel fr. with chain-fitted with p

Others talk "Trading Stampe" - VALUES is the topic here.

Women's Shirred Silk Hats Chenille and braid combinations-black only (which is the most de-sirable and dressy); best shapes-value \$1.25

Women's Walking Skirts Panama Rough Cheviot and Broad-cloth-black, blue and brown-stylish model-made and finished like custom made-value 38.50.... 5.

Taffeta and Peau de Sole-all desirable colors and tints al-black and white new effects in pleats, with buttons and French tie-value \$5.00

45 pieces-value \$12.50. 45 pieces—value \$12.50. 8.69

6 Bibs at .03

Children's Flannelette Skirts Boys' Waists and Blouses

Waists of Laundered Percale-neckband or Byron collar-neckband or Byron collar-neckband or Byron collar-libiuses of Madras-neat stripes and figures-medium. light and dark—to 12 years—regularly

Men's Half Hose Past Black Cotton—double sol and toes—high spliced heals— regularly B to B costs. Women's Coutille Corsets

Straight front-one of the favorite makes garter attachments white, drab and black-all sizes. Women's Heavy White Walsts Basket weave Cheviot-tucked yoke or side pleated front-plain back-fancy stock-all sizes-regularly 38

Women's Black Petticoats Marcen and Mercerized Sateen-deep flounce or pleating with rut Fall sale price..... Brass Sast Rods

24 inch. extend to 44 inch-usually 11 cents......

Table d'Hote Lunch 5 Courses... 30 cents 11:30 TO 2:30 THURSDAY, SEPT. 29TH.

Crum of Asparagus.
Consomme Royal.
Chicken Patty a la Reine,
Boiled Beef Tongue, Madeira Sauce,
Rosat Prime Rib of Beef.
Stewed Red Cabbage, German Style,
Maryland Sugar Pena,
Bliced Tomatoes with Lettuce,
Mashed or Baked Potatoes. Chocolate Pudding. Vanilla Sauce. Spanish Fruit Tart. Tez. Coffee or Milk.

MORNING SALES To-morrow, Thursday, until 1 p.m.

Women's New Fall Juckets
Tan Covert and Black Cheviot—
latest model—collarless—stitched
cloth and velvet finish—new full
sleeve—turnover cuffs—full
strapped—satin lined—jaunty, 4, 95
sizes 32 to 46—value 59.00.....
SECOND FLOOR.

Fich Ottoman Portieres
full size—rich colorings, with handsome borders—deep knotted
fringe top and bottom—
worth \$5 = a limited lot
for morning sale.

BASEMENT.

Bables' White Coats trimmings—sizes to 3 yrs.— new cloaks right from stock, but instead of \$1.98.— SECOND FLOOR. Zibelines and Cheviots
Black only—20 Inches videtwo of Autumn's most popula
fabrics and both all woolvalue 50 and © certs.
To-morrow morning....... MAIN FLOOR. Knives and Forks

26 and 28 Inch Umbrellas

Fast black—English Gloris—Paragon frames—natural, Pearl or fancy mounted handles—value \$1.5.

MAIN FLOOR.

ONLY SOLD UNTIL ONE P. M .- NO MAIL ORDERS.

THE TWO GREAT ESSENTIALS to customers are ASSORTMENTS and VALUES

Devoting entire space of nine large buildings to Dey Goods only no Groceries, Liquors, Drugs, Crockery, Furniture, Ca Planos, Bicycles, Glassware, Harness, elc.-we con efforts on Everything in Dry Goods, which we know from A Noted in the mercantile world as large cash buyers and distributers, obtaining those concessions that cash and chases command, it follows that

WE CAN SELL AT LOWEST PRICE

May Manton's Fashions.



Winter Shirt Waist.

HIS shirt waist is adapted both to the separate waist and to a shirt-waist suit. It is of enion-brown taffeta, worn with a Lie knotted at the throat and passed through openings cut in the front. Material for medium size is 41-2 yards 21, 4 yards 27 or 23-2 yards 46 inches wide. rattern 4.53, for a 22, 44, 25, 28 and 60 inch bust measure, will be mailed for 10 cents. Send money to "Casher, The World, Fulltur Building, New York City."

the field all to myself. But now there can cat warm breads and she can eat vegetables. But she must not eat meat out of doors anyway, do the next best gets thin, and she who takes exercise and the pajorna woman nearly always more than twice a day, and she must thing. Take nightly exercise. Get a pair at night is pretty sure to be rewarded not look sixty, but she has learned and to look sixty, but she has learned and looks and she was and sweet stuff. It comes slik. But cotton will do if one has nothing else. Exercise, however, whether in gik or cotten or wool. Spatting the skin with a good bath vinegar is excellent for keeping down the fat. Take a handful of the vinegar and spat the flesh; keep on spatting and spatting. This is good for she hips and the abdoman. It tones up the skin and acts as a massage agent upon the flesh. Heavy handed massage is fine for reducing flesh. Take both hands and massage with vigor. It is an excellent thing to employ a messeuse who understands her business and is strong enough to pound the flesh away. The delicate, light-handed massage is not good for this purpose.

> Gold in Your Garret Hundreds of housewives who

It is an extremely easy process to color with Diamond Dyes, and

the cost is but a trifle. They are for home use and home economy.

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ORUSMAN SWEET KITTY BELLAIRS. GRAND SLEEPING MELTERS: MAJESTIC ISLEOF SPICE Hurtig & Seamon's WEST

AMUSEMENTS. PROCTOR'S To-night, Res. 75c., S0c., To-night, Res. 75c., 231 Sl. { May Robson, Vinella's Horses, Richard Gleary, Scott Bros., Fret Stuber, Ethel Robinson

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